

Retiree News

A Supplement to the Desert Airman

Friday, April 25, 2003

Notes to know

Mailing of supplement on hold

Until funding for the cost of postage is found, the mailing of the Retiree News Supplement to the *Desert Airman*, published the last Friday of January, April, July and October, is on hold. In the meantime, the Supplement is available for pick-up at Davis-Monthan Air Force Base or online at www.dm.af.mil/pa/news/retiree_news_archive.html. Using Adobe Acrobat, follow the instructions on the Web site to view up to two years of retiree news supplements. In addition, all retirees are encouraged to continue to contact the Retiree Activities Office at 228-5100 regarding any address changes so the roster can remain current.

RAO Volunteers needed

The Retiree Activities Office is in need of volunteers. The RAO coordinates with other volunteer services on base and at the Veterans Administration Hospital. Those who are interested can call the RAO Mondays through Fridays from 9 a.m. to 2 p.m. at 228-5100 or send an e-mail to retired@dm.af.mil. They can also visit the office, located at 5345 East Madera Street. After entering the Craycroft Road Gate, turn right onto Madera Street. The RAO is in the third building on the right. Simply tell the office of your interests and talents for any volunteer work.

ID card upgrade

Davis-Monthan Air Force Base transitioned to the Common Access Card for active-duty military personnel in February. The new card serves as more than just an ID card. Holders are able to use the CAC to gain access to buildings and secure Internet sites.

While there are no plans at this time to transition to the CAC for

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SMW offer time, help salute Vets

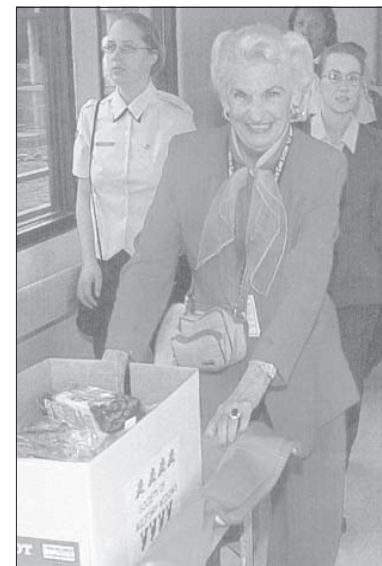
By Luella Thorton

Society of Military Widows

Society of Military Widows members have contributed more than 500 volunteer hours so far this year at the Veterans Administration Hospital. Some activities include collecting books, games and clothing as well as crocheting hats and lap robes for the patients.

Ten members and about 60 Davis-Monthan Air Force Base personnel attended the National Salute to Hospitalized Veterans Day at the VA Hospital Feb. 14. This was the third year of SMW participation. Patients received valentines made by base school children and over 1000 cookies made by SMW members. The cards, goodies and visits were much appreciated by the patients.

In addition, members of SMW are participating in the volunteer Adopt a Ward program, the Day Treatment Program and the Bridging Over Program in which birthday parties are held monthly, volunteers visit or play games with patients and refreshment are provided to the rehabilitation unit. These activities have tripled in participation over the past several months and are important to SMW members. In addition, they help veterans feel their past



Courtesy photo

In honor of National Salute to Hospitalized Veterans, Pauline Pennock, Society of Military Widows member, distributes cookies to patients at the Southern Arizona Veterans Administration Health Care Hospital. Several active duty members from Davis-Monthan Air Force Base also participated in the event.

contributions to the U.S. are valued.

The SMW meets the third Saturday of each month at noon for a general meeting and lunch at the officers club. The cost for lunch is \$8.50. For reservations, call Luise Bell one week prior to the meeting at 790-6775.

The society welcomes widows of all service members and ranks who died on active duty and in retirement. For more information, call Suzanne Shafe at 579-0789.

355th MDG Pharmacy faces renovation

Renovation and expansion of the pharmacy in the main clinic, located in Building 400, is expected to begin in May and should be completed in August. During the renovation the main pharmacy will move to a temporary location at the rear of the clinic.

During the renovation, users are asked to use the temporary pharmacy for all new prescriptions from the D-M clinics as well as any acute (pain, antibiotics) medications as they

do now. The difference is users are asked to drop off new prescriptions for maintenance or chronic medications like blood pressure, thyroid and arthritis, for pick-up the following day. Refill service will not be affected.

Pharmacy personnel ask for cooperation and patience during the renovation. The new automation and organization will improve pharmacy services and workflow. For more information, call the pharmacy at 228-2854.

New provider services mail order pharmacy

As of March 1, Express Scripts Incorporated started providing services under the TRICARE Mail Order Pharmacy program.

Those who previously received medications through TMOP should have received a packet of information in February describing what to do to make the transition. The mailing also contained a registration form. Those who have their prescriptions filled at the local medical

treatment facility, at the Veteran's Administration or at one of the local civilian pharmacies, are not affected by the change.

Additional packets are available at the 355th Medical Clinic at either pharmacy, at the TRICARE Service Center, Building 417, or from the health benefits counselor in Building 400.

See *Pharmacy*, Page 2

VITA key to success

Thirty-five Retiree Activities Office and two active-duty volunteers worked to complete another successful Volunteer Income Tax Assistance year. We recognize, thank and appreciate their efforts. The volunteers, who worked in tax preparation, administration and various other coordinating functions, are as follows:

Dave Barclay	Marcus Johnson
Skip Barclay	Carole Kelly
Louise Bennett	Bert King
Jim Blaylock	Len Levandowski
Helen Bouska	Neal MacArtor
Kirk Carpenter	Judy Moses
SSgt Ken Carson	Herb Niehaus
Arnella Corrigan	Linda Paul
Monty Crook	Jack Pollin
Virginia Crook	Tom Rankin
Armen Dermen	Bob Ratledge
Becky Dylla	Molly Reilly
Duane Ford	Dick Rhodehamel
Sonya Gause	Chuck Smith
Glen Geisert	Bob Speer
Bob Green	Mary Pat Sullivan
Janet Green	Lyle Walter
Ray Griffith	Bill Wells
	SSgt Angela Yetto

Listening to signs may save a life

Stroke is a cardiovascular disease that affects the blood vessels supplying blood to the brain. It occurs when a blood vessel bringing oxygen and nutrients to the brain bursts or is clogged. Because of this rupture or blockage, part of the brain doesn't get the flow of blood it needs. Deprived of oxygen, nerve cells in the affected area of the brain can't function and die within minutes. The effects are often permanent as dead brain cells can't be replaced.

About 10 percent of strokes are preceded by transient ischemic attacks days, weeks or even months before a major stroke. The usual symptoms are like those of a full-fledged stroke, except the symptoms of a TIA last 24 hours or less. TIAs should not be ignored as people who have them are about 10 times more likely to have a stroke than people of the same age and sex who haven't had them.

The following are warning signs of stroke. People who notice one or more of these signals should get immediate medical attention to limit brain injury.

- ◆ Sudden weakness or numbness of the face, arm or leg on one side of the body.
- ◆ Sudden dimness or loss of vision, particularly in one eye.
- ◆ Loss of speech, or trouble talking or understanding speech.
- ◆ Sudden severe headaches for no reason.
- ◆ Unexplained dizziness or unsteadiness, especially with any of the previous signals.

For more information, visit www.americanheart.org, call the Stroke Connection at 1-800-553-6321 or call the American Heart Association at 795-1430 or 1-800-242-8721. (Information for this article is from the Pima Council on Aging's May 2002 newsletter.)

Pharmacy

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Those with Internet access can print out an order form from www.expressscripts.com.

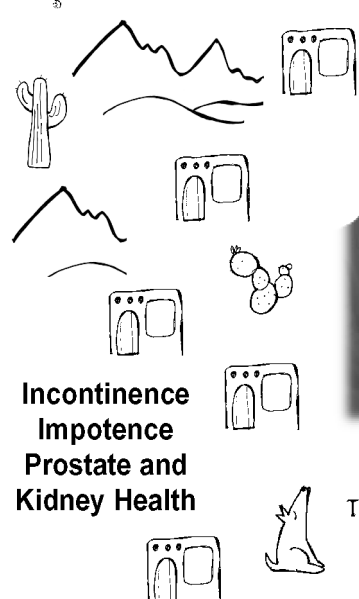
The TMOP co-pay for up to a 90-day supply for most medications is \$9 for branded products and \$3 for generics. Exceptions include

controlled substances. Active duty members have no co-pays.

To check the status of an order, call (toll free) 1-866-363-8667 or use the Web site listed above. Remember to allow 14 days for delivery. (Information for this article is from the February TRICARE mailing and the Feb. 22 American Forces Press Service Retiree News release.)

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Personal identity security increases

According to Marian McClare, District 30 representative, several bills have passed in the Arizona state legislature recently that will help prevent identity theft and misuse of personal information.

House Bill 2165 prohibits the county recorder from disclosing military service records (Department of Defense form 214) when the information is stored in electronic format as is the case in Pima County.

House Bill 2429 protects the confidentiality

of social security numbers. Restrictions on the use of social security numbers becomes effective January 1, 2005. The delay in implementing the prohibitions enable using agencies to establish alternate methods of identification.

Always remember to do everything possible to protect and secure personal information whether on the phone, Internet or the written word. (Some information for this article is from www.azleg.state.az.us.)

Valuable resources available for elderly

By Retired Lt. Col. Rita Gengler

The Pima Council on Aging is a non-profit corporation that does a great deal of good work on behalf of the elderly in Pima County. Currently, over 900 people volunteer in various capacities with the PCOA.

The PCOA publishes a newsletter ten times a year that is a wealth of information about local resources and services for the elderly. For example, the April issue included an article by the Ombudsman, Stew Grabel, about increases in co-pays for Medicare Health Maintenance Organizations, a calendar of events that invites

the elderly to participate in a variety of activities, dates and locations for support and training programs, resources for low income elderly with financial and legal needs as well as educational articles of general interest.

If you would like to join the PCOA and receive their newsletter entitled "Never To Late", send a contribution check for \$15 or more to Pima Council on Aging at 8467 East Broadway Boulevard, Tucson, Ariz. 85710-4009.

For more information regarding the PCOA, its resources or any of its services, visit their Web site at www.pcoa.org or call them directly at 790-7262.

Notes

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retirees and family members, it is important to note that there may be longer waits for ID cards as it takes longer to install information into a CAC than it does for the regular ID cards issued to retirees and family members. For more information, call Customer Service at 228-4425.

Volunteers needed at VA

Volunteering at the Southern Arizona Veterans Administration Health Care System can be a very rewarding experience. It comes with many benefits not only for the volunteer but also for the veterans at the hospital. Volunteers of all ages and life experiences serve in many capacities at SAVAHCS.

Potential volunteers attend a volunteer orientation, are interviewed to determine skills and interests and are placed where their talents can best be utilized. For more information on areas volunteers are needed, or to start the process to become a volunteer, call Voluntary Services at SAVAHCS at 629-1822.

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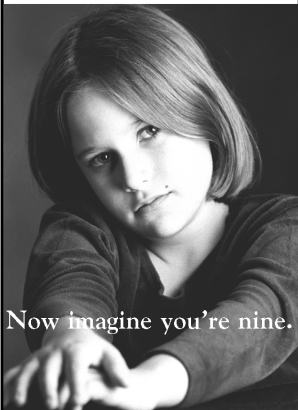
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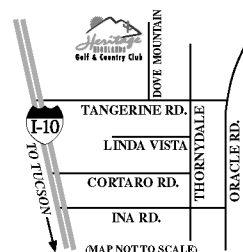


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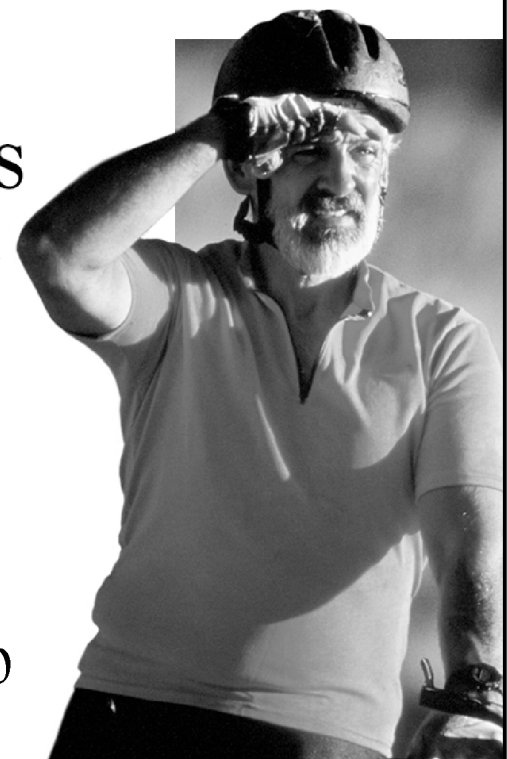
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